

Hello my Name is Philip Noah Reeg, I am 19 years old and this year I finished my A-Levels. I decided to work one year as a volunteer in a completely new country and culture. Now I am part of the „Weltwärts-Programm “between the Welthungerhilfe and VAAGDHARA.

You can see the results of our first field visits below.

Wednesday

On Wednesday, the 14th of September, we visited a Subcenter, which is a Health-Care-Station from a program all over Rajasthan.

The function of the center is mainly to look after children below 36 months. It's open on every 4th Thursday in a month to supply the nutrition packages. Which contains pills, condoms, etc...

Every Mother gets a card and the Subcenter has a copy of this card. Those cards grip the information of the mother and every therapy or whatever else in the past to own this information in an emergency of the child. In addition, the cards save every further treatment and the vaccinations of the patient.

This Subcenter is the smallest center in this system. It is responsible for three villages, what spring up to 5.000 people. The next largest center is called PHC (Primary Health Center) and it is providing services for 30.000 people. The biggest center is called CHC (Community Health Center) and it is providing services for 100.000 people. Only the Subcenter is open on every 4th Thursday.

Afterwards we visited a small village near to the Subcenter. Around a small school building there were a lot of women, approximate 15. It was a SHG(Self-Help-Group). Generally, they organize themselves, to have a bigger emphasis in social life out of their village. So, they can carry out an own bank account or something else.

On this day, they told us their names and what the SHG enabled to them. Next they showed us their school building and what they're exactly doing there. Daily they educate the children of the village in basic things like numbers, fruits and animals. That was an Anganwadi Center.

After lunch we visited a school in another village. It was nice to hear what are their dreams for future are and what they want to become. Teacher, doctor and policeman was very popular.



Thursday

On Thursday the 15th of September at first we visited another SHG. This SHG has twelve members and one chairman. They told us that every SHG gets 15.000 Rupees from the Government uniquely. If anyone of the members has a money-problem they give her the money she needs. In addition, they start simultaneous with the collecting of 20 Rupees from every woman per week so that they have has a group budget for emergencies. So, they are pooling their social and economic resources and banded together to improve their chances for a more pleasant life. Now they can organize around a theme or a problem. Themes for example are: structuring the budget of the family, agriculture and farming practices, access to financial services, ...

Generally, it's a vision to have one SHG for approximate 30 households.

Friday

After a one-and-a-half-hour trip, we reached our project for this day. It was a small village which participate in the WADI (Wasteland Agriculture Development Initiative) to improve the efficiency of their agriculture and make it sustainable.

Before implementing the WADI program, awareness camps are conducted, exposure visit are organized to sensitize the farmers along with training programs of farmers for capacity building. So, the farmer gets the information that there exists such an initiative from an awareness camp, which is organized by VAAGDHARA. The initiative is funded completely by NABARD.

Major works under WADI program:

- Soil conservation
- Water resource development
- Sustainable agriculture
- Community development
- Women capacity development
- On farm & non-form income generation activities, SHG includes thrift & credit habit
- Community health check up



Tuesday

On Tuesday, the 20th of September we started to visit a Nutrition-Camp. This center was developed by ICDS (Integrated-Child-Development-Scheme) from Anganwadi. The beneficiaries of this center are pregnant women, lactating mothers and children between 0-6 years.

VAAGDHARA manages the camps and tries to train ICDS staff if it's necessary for a second camp in the future.

The camp runs 15 days and at the start of every week they do measurements to plan the needed ration of food.

There are 6 benefits from ICDS for the participating people from such center. For example, that the center acts like a contact person between medical examination and the sick person if it's necessary. Or they make completely health checkups with body or blood measurements. Another benefit is the preschool – and nutrition health education. And of course, the supplement of food for mothers and children.

Eventually every household which takes part in the camp gets seeds of vegetables and fruits which enable a balanced nutrition in the future. So far Nutrition-Camps are covering approximate 7000 households.